



DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	2	3
4	5 P90X w/ Jill 5:15-6am Creative Movement w/Tiara 4-5pm Beg. Ballet w/Tiara 5-6pm	6 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	7 P90X w/Jill 5:15-6am Beg. Jazz/Hip Hop w/Tiara 5-6pm	8 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	9	10
11	12 P90X w/ Jill 5:15-6am Creative Movement w/Tiara 4-5pm Beg. Ballet w/Tiara 5-6pm	13 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	14 P90X w/Jill 5:15-6am Beg. Jazz/Hip Hop w/Tiara 5-6pm	15 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	16	17
18	19 P90X w/ Jill 5:15-6am Creative Movement w/Tiara 4-5pm Beg. Ballet w/Tiara 5-6pm	20 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	21 P90X w/Jill 5:15-6am Beg. Jazz/Hip Hop w/Tiara 5-6pm	22 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	23	24
25	26 P90X w/ Jill 5:15-6am Creative Movement w/Tiara 4-5pm Beg. Ballet w/Tiara 5-6pm	27 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	28 P90X w/Jill 5:15-6am Beg. Jazz/Hip Hop w/Tiara 5-6pm	29 PiYo w/Jill 5:15-6am Yoga w/April Noon-1pm Zumba w/Greg 5-6pm	30	31
		Get Active: Group Fitness is a great way to improve your overall physical and mental health! Try a class today!!			Have Fun: Group fitness classes offer a very fun and supportive environment! Our instructors show you the way!!	